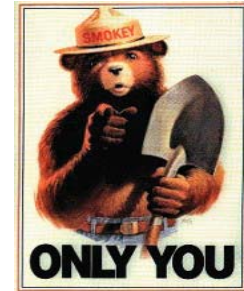


July Prevent

Prevention is key to living long and well. Getting regular check ups, preventive screening tests, and immunizations are among the most important things you can do for yourself.



Become a partner with your health care provider to decide when you need your screenings and immunizations. Share your family history, speak up, voice your concerns, and always ask questions. For instance, if your health care provider recommends that you increase your level of physical activity, ask her or him for examples of exercises that are best for you and how long you should do them.

See pages 6-8 for a list of important screening and immunization guidelines.

Knowing how to talk to your doctor or other members of your health care team will help you get the information you need, when you need it, especially when visits are often short. See the following pages for tips on talking to your health care provider.

Take 10 to T.A.L.K.

Tell your health care team about all prescription and nonprescription medications you take.

Ask about health screenings and how your family's medical history may affect you.

Learn where to find reliable health information and how to use it.

Kick start your health goals today with small changes that will lead to better health.

Healthy Pregnancy

A healthy pregnancy is the best gift you can give your future baby. Plan your pregnancy and see a doctor or nurse before and during pregnancy to talk about these topics.

1. How can diabetes, high blood pressure, infections, or other conditions affect my pregnancy?
2. How can medications (prescription, over-the-counter, or home remedies) affect my pregnancy?
3. How does taking a multivitamin with folic acid daily, especially before pregnancy, help me have a healthy baby?
4. What is my ideal weight?
5. How can I stay away from cigarettes, alcohol, and illegal drugs?
6. How can I manage the stress in my life?
7. How long should I wait between my pregnancies?
8. What if premature birth runs in my family?
9. What are the signs of preterm labor and what should I do?



Every time you talk with a health care provider use the Ask Me 3 questions to better understand your health.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

You should not feel rushed or embarrassed if you don't understand something. Ask your health care provider to make it clear.

Tips for Talking to Your Health Care Provider

Make a list of concerns and questions to take with you to the visit with your doctor.

Take Notes.

Describe your symptoms clearly and briefly. Say when they started, how they make you feel, what triggers them, and what you've done to feel better.

Tell your doctor what prescription and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.

Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history.

Don't feel embarrassed about discussing sensitive topics. Chances are, your doctor has heard it before!

If your doctor orders tests, be sure to ask how to find out about results and how long it takes to get them. Get instructions for what you need to do to get ready for the test(s) and find out about any risks or side effects with the test(s).

If you are diagnosed with a condition, ask your doctor how you can learn more about it, including what caused it, if it is permanent, and if there are lifestyle changes you can make to help yourself feel better.

When you are given medicine and other treatments, ask your doctor about them. Ask how long treatment will last, if it has any side effects, how much it will cost, and if it is covered by insurance. Make sure you understand how to take your medicine; what to do if you miss a dose; if there are any foods, drugs, or activities you should avoid when taking the medicine; and if there is a generic brand available at a lower price .

Understand everything before you leave your visit. If you don't understand something, ask to have it explained again.

Bring a family member or trusted friend with you to your visit. That person can take notes, offer moral support, and help you remember what was discussed. You can also have that person ask questions as well.

Common Screening & Diagnostic Tests

Angiogram. Blood vessels are injected with dye to look for the size and location of any blockages in blood vessels.

Barium enema. After drinking a special solution, x-rays are taken to look for abnormalities in the colon.

Biopsy. A small piece of tissue is removed for examination under a microscope or for lab testing to help identify a condition.

Blood test. Blood is taken from a vein (inside elbow, back of hand) to detect problems or to rule out a condition, such as anemia (low blood count) or high levels of cholesterol, or to test for diabetes (glucose or sugar).

Bone mineral density (BMD) test. Pictures like x-rays are taken of the skeleton to confirm osteoporosis (weakening or thinning of bones), detect low bone density, or check response to an osteoporosis treatment.

Bronchoscopy. A tube with a tiny camera is put into the bronchial tubes (airways to the lungs) to remove cells or tissue, which are sent to a lab to look for cancer or cell changes.

Clinical breast exam (CBE). The breasts and underarm area (lymph nodes) are physically examined by a health care provider to detect any lumps or abnormalities.

Chest x-ray. A picture is taken of the chest to see the condition of the lungs.

Colonoscopy. A flexible tube with a light source is inserted into the colon through the anus to view all sections of the colon for abnormalities.

Common Screening & Diagnostic Tests

Computed tomographic (CT or CAT) scan. Three-dimensional pictures are taken of the body to look for problems, abnormalities, or injury. Sometimes, a special fluid is injected into a vein to highlight parts of the body in the images.

Echocardiogram. A picture of the heart is made using sound waves to look for problems with the heart's pumping action.

Electroencephalogram (EEG). EEG looks for brain malfunctions by recording electrical impulses (activity) within the brain.

Electrocardiogram (EKG or ECG). A picture of the heart is made using electrical conductivity to check the heart's rhythm; it can locate the part of the heart where a heart attack might be occurring (or has occurred).

Fecal occult blood test (FOBT). This test looks for hidden blood in a stool sample.

Laparoscopy. A tube with a light on one end is inserted into the abdomen through a small incision to check abdominal organs for growths or other problems. It may also be used for certain surgical techniques.

Magnetic resonance imaging (MRI). Powerful magnets and radio waves are used to construct pictures of the body to look for problems. Sometimes, special fluid may be injected to enhance the images of tissues or blood vessels.

Mammogram. A picture (x-ray) of each breast is taken to look for signs of breast cancer. Digital mammography records x-ray images on a computer.

Common Screening & Diagnostic Tests

Medical history. Your health care provider asks you about your current and past physical and mental health: illnesses, surgeries, pregnancies, medications, allergies, family history of physical and mental health conditions, use of alternative therapies, vitamins and supplements, diet, current and past alcohol and drug use, and physical activity.

Mental health screening. Your health care provider or a mental health professional asks you about symptoms like depression or anxiety, medications, alcohol and drug use, thoughts about death or suicide, and family history of mental illness.

Needle aspiration. A thin needle is inserted into a mass or lump to remove cells or fluid, which are examined under a microscope for cell changes or cancer.

Pap smear. Cells from the cervix (opening to the uterus, or womb) and the surrounding area are taken with a brush and looked at for changes in the cells or for cancer.

Pelvic exam. By looking at and feeling the reproductive organs through the vagina (birth canal), your health care provider can detect certain problems. The rectum, cervix, vagina, and area around the vagina are looked at for any problems or disease.

Physical exam. Your health care provider looks at your body to detect any problems, screens for diseases, determines risk for future problems, and updates vaccinations. You will be asked about your lifestyle (physical activity, alcohol and drug use, diet) and your mental health (emotions, coping ability).

Common Screening & Diagnostic Tests

Positron emission tomography (PET) scan. Radioactive material is put into the body to produce pictures of organs (for evaluation) or tumors (to monitor treatment effects).

Sigmoidoscopy. A thin, flexible tube is inserted into the colon through the anus to look for abnormalities in the lower third of the colon.

Sleep studies. Sleep is monitored in a sleep lab to record brain activity, body movements, nerve and muscle function, and the time it takes you to fall asleep and go into deep sleep.

Spirometry. Lung function and how open the airways to the lungs are measured.

Stress test. Electrical activity of the heart during physical stress (exercising on a treadmill) is recorded to look for blockages in the blood vessels; it can also be done with drugs and no exercise.

Ultrasound. Sound waves are used to create a picture of internal organs on a computer screen to look for problems or abnormalities.

Sources:

National Women's Health Information Center www.womenshealth.gov

Take 10 to Talk is a program of the National Women's Resource Center www.healthywomen.org

Ask Me 3 is a registered trademark of Partnership for Clear Health Communication www.askme3.org

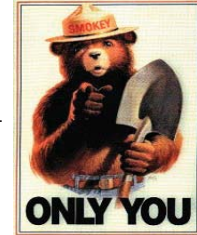
March of Dimes <http://marchofdimes.com>

Goals for this month

For Me: _____

For Others: _____

What I will Prevent: _____



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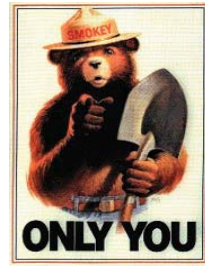
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Notes

July 2006

How I feel about the last month...



Things I want to remember about last month...

Things I want to think about...

July Observances

* Holy days usually begin at sundown the day before this date.

** Local or regional customs may use a variation of this date.

- 4 Independence Day
- 9 Martyrdom of the Bab
- 11 St Benedict Day
- Guru Purnima **
- Asalha Puja Day **
- 13 Obon (Ulambana) **
- 15 St. Vladimir the Great Day
- 24 Pioneer Day
- 25 St. James the Great Day

Ultraviolet Safety Month

Hemochromatosis Screening Awareness Month

Fireworks Safety Month

Eye Injury Prevention Month

Light the Night for Sight

International Group B Strep Awareness Month

August Laugh

When we are children, we laugh at everything we discover, including our feet, grass, elephants, and rain. As children we are fascinated with our environment and eager to enjoy new things.



We spend our awkward and tense teenage years laughing at anything our parents think isn't funny, especially sex, food, and authority. Laughter is used as a tool to protect us or help us feel superior.

As adults, our humor evolves based on a number of factors, including culture and community. We tend to laugh at things we cannot control, including politics, economics, and social issues.

Children laugh approximately 80 to 100 times per day, but adults average laughing only 5-6 times per day. Laughter releases endorphins that improve mental health, releases toxins from the body, helps improve cardiopulmonary function, and boosts the immune system. Hearty laughter also helps people relax. See the next page for more health and other benefits of laughter.

Laughter is as important to health as food and exercise. Figure out what makes you laugh, and make it a part of your day—every day.

Try a Tickle

The most ticklish parts of the human body, in order, are the underarms, waist, ribs, feet, knees, throat, neck, and palms

Did You Know that Animals Laugh, Too?

Studies suggest that monkeys, dogs, and even rats enjoy a good laugh. Neural circuits for laughter exist in very old areas of the brain—areas humans have in common with other animals. Forms of play and laughter existed in other animals eons before humans came along.

Benefits of Laughter

- ~ Binds people together by synchronizing the brains of speaker and listener so that they are emotionally attuned.
- ~ Establishes or restores a positive emotional climate and a sense of connection between two people.
- ~ Diffuses anger and anxiety.
- ~ Is contagious—the laughter of others is irresistible.
- ~ Balances your immune system, which helps fight disease.
- ~ May lead to hiccupping and coughing, which clears your respiratory tract.
- ~ Relieves boredom and increases creativity.
- ~ Helps people express spontaneity and confidence.

How to Find Laughter in Life

Make an effort to find humor. Look for at least 5 funny things everyday. Things that are frustrating or that make you angry can make hilarious stories later.

Laugh at least 10 times per day. Do this whether you find something funny or not. If you laugh, you will start to feel like laughing.

Watch funny movies or cartoons.

Have a contest to see who can laugh the longest.

Spend time with kids, and learn to laugh as they do. Mimic their curiosity, humor, and excitement.

Play every day. Do something fun each day. It will help you find laughter.

Have you ever laughed so hard that your whole body hurt?

That's because laughter is a total body workout. It works your diaphragm and abdominal, facial, respiratory, leg, and back muscles. Studies suggest that laughing 100 times is equal to 10 minutes on a rowing machine or 15 minutes on an exercise bike.

Sources:
www.livescience.com
cms.psychologytoday.com
science.howstuffworks.com

Goals for this month



For Me: _____

For Others: _____

What Makes Me Laugh: _____

August 2006

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Notes

August 2006

How I feel about the last month...



Things I want to remember about last month...

Things I want to think about...

August Observances

* Holy days usually begin at sundown the day before this date.

** Local or regional customs may use a variation of this date.

- 1 Lammas
 Lughnassad (Lammas)
 Fast in honor of Holy Mother of Lord Jesus
- 3 Tisha B'av *
- 4 Raksha Bandhan **
- 6 Transfiguration of the Lord
- 15 Assumption of Blessed Virgin Mary
 Dormition of the Theotokos
- 16 Krishna Janmashtami **
- 22 Lailat al Miraj
- 26 Women's Equality Day
- 27 Ganesa Chaturthi **
- 29 Beheading of St. John the Baptist

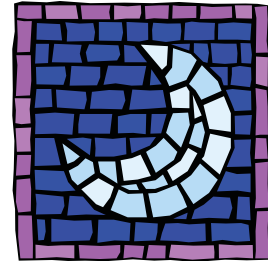
National Immunization Awareness Month

National Pain Awareness Month

Water Quality Month

September Sleep

Sleep is as essential to health as diet and exercise. Most people need between 8 and 8½ hours of sleep each night, but this varies by person. Some people need more, and some need less. If a person does not get enough sleep, they build up a sleep debt, which increases until you have a chance to pay the debt. You may not be able to pay off a sleep debt by sleeping late on the weekend. The only way to pay off a sleep debt is to make sure that you get enough sleep on a regular basis.



Benefits of Sleep

- ~ When we learn something new during the day, it gets plugged into our long-term memory as we sleep.
- ~ Gives our bodies the chance to maintain and repair our bodies and minds.
- ~ While we sleep, our brains are using important neuronal connections that might otherwise deteriorate from lack of activity.
- ~ During deep sleep, brain activity that controls emotions, decision-making processes, and social interaction shuts down; allowing us to maintain optimal emotional and social functioning when we are awake.
- ~ Cell growth and repair takes place to combat the effects of stress and UV rays.
- ~ Helps our bodies fight infection.
- ~ Helps the body conserve energy and other resources that the immune system needs to mount an effective attack.

How to Get the Right Amount of Sleep for You

- ~ Sleep only when you're sleepy. If you can't fall asleep within 20 minutes, get up and do something boring until you feel sleepy.
- ~ Get up and go to bed the same time every day.
- ~ Exercise in the morning or early afternoon to help ensure that you sleep well.
- ~ Develop sleep rituals. Listen to relaxing music, read, or do relaxation exercises.
- ~ Stay away from caffeine, nicotine and alcohol at least 4-6 hours before bed.
- ~ Have a light snack before bed. If your stomach is empty, it can interrupt sleep.
- ~ Take a hot bath 90 minutes before bedtime.
- ~ Make sure your bed and bedroom are quiet and comfortable.

Test Your Sleep I.Q.

Test your sleep IQ by answering these true or false questions. The answers are on the next page.

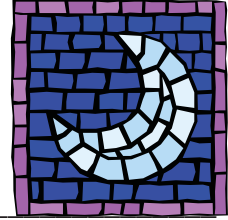
1. Sleep is a time when your body and brain shut down for rest & relaxation.
2. If you regularly doze off during the day, you may need more than just a good night's sleep.
3. If you snore loudly and persistently at night and are sleepy during the day, you may have a sleep disorder.
4. Opening the car window or turning the radio up will keep a drowsy driver awake.
5. The primary cause of insomnia is worry.
6. The body has a natural ability to adjust to different sleep schedules such as working different shifts or traveling through multiple time zones quickly.
7. People need less sleep as they grow older.
8. Narcolepsy is a sleep disorder marked by "sleep attacks."
9. One cause of not getting enough sleep is restless legs syndrome (RLS).
10. More people doze off at the wheel of a car in the early morning or midafternoon than in the evening.

Source:
National Heart, Lung, and Blood Institute

Answers to Sleep Quiz

- 1. False.** Sleep is an active state that affects both your physical and mental well being.
- 2. True.** Many people doze off during the day despite getting their usual night of sleep.
- 3. True.** Persistent loud snoring at night and daytime sleepiness are the main symptoms of sleep apnea.
- 4. False.** Opening the car window or turning the radio up may arouse a drowsy driver briefly, but this won't keep that person alert behind the wheel.
- 5. False.** Insomnia has many different causes, including physical and mental conditions and stress. Insomnia is the perception that you don't get enough sleep because you can't fall asleep or stay asleep or get back to sleep once you've awakened during the night. It affects people of all ages.
- 6. False.** The human body's biological clock programs each person to feel sleepy during the nighttime hours and to be active during the daylight hours. So people who work the night shift and try to sleep during the day are constantly fighting their biological clocks.
- 7. False.** As we get older, we don't need less sleep, but we often get less sleep. That's because our ability to sleep for long periods of time and to get into the deep restful stages of sleep decreases with age.
- 8. True.** People with narcolepsy fall asleep uncontrollably at any time of the day, in all types of situations regardless of the amount or quality of sleep they've had the night before. Although there is no known cure, medications and behavioral treatments can control symptoms.
- 9. True.** Restless legs syndrome (RLS) is distinguished by tingling sensations in the legs—and sometimes the arms—while sitting or lying still, especially at bedtime. This results in a constant need to stretch or move the legs to try to relieve these uncomfortable or painful symptoms. As a result, falling or staying asleep is difficult. Good sleep habits and medication can help people with RLS.
- 10. True.** Our bodies are programmed to experience two periods of sleepiness during the day, regardless of the amount of sleep we've had in the previous 24 hours. The primary period is between midnight and 7:00 a.m. A second period of less intense sleepiness is between 1:00 and 3:00 p.m. This means that we are more at risk of falling asleep at the wheel at these times than in the evening—especially if we haven't been getting enough sleep.

Goals for this month



For Me: _____

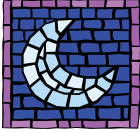
For Others: _____

How I will improve my Sleep: _____

September 2006

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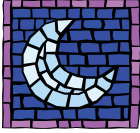
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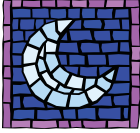
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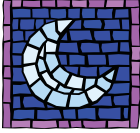
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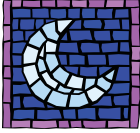
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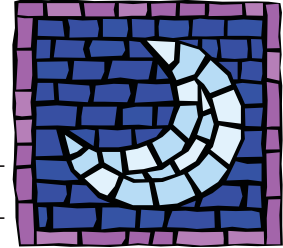
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September 2006

How I feel about the last month...



Things I want to remember about last month...

Things I want to think about...

September Observances

* Holy days usually begin at sundown the day before this date.

** Local or regional customs may use a variation of this date.

- 1 Religious year begins
- 4 Labor Day
- 8 Nativity of Virgin Mary
- 9 Lailat al Bara'ah **
- 11 Patriot's Day
- 14 Elevation of the Life Giving Cross (Holy Cross)
- 19 Take a Loved One for a Check Up Day
- 21 Mabon - Fall Equinox
- 23 Rosh Hashana *
- Navaratri begins (to October 21) **
- 27 National Women's Health and Fitness Day
- 29 Michael and All Angels
- 30 Native American Day

Healthy Aging Month
National 5-a-Day Month
Gynecologic Cancer Awareness Month
Cholesterol Education Month
Menopause Awareness Month
Hispanic Heritage Month
Women of Achievement Month